

# Transforming Lives Through Leadership and Spiritual Growth

## Impact Report 2025 Youth Center for North America



The Youth Center of the Focolare Movement creates and plans opportunities for young people to come together and build community through activities and programs that help develop the whole person, both human and spiritual dimensions. Its vision is a united world where fraternity is lived among all people.

In 2025, the YCNA leadership program witnessed profound transformations in the lives of young adults across diverse communities. Through accompaniment, deep listening, and the exploration of the spirituality of unity, participants discovered not just leadership skills, but life-changing tools for navigating work, relationships, and personal growth.

The program's true impact is revealed through the personal journeys of those who participated.



### From Conflict to Understanding

One young man was struggling with difficult colleagues at work. Arguments were frequent, tension was constant, and his work environment felt increasingly hostile. After some discussion, he encountered the transformative power of empathy. Experiences from the author Simon Sinek shed great light on the workplace and how we relate to other co-workers. It helped him greatly and by choosing to focus on understanding rather than conflict, he experienced a remarkable shift: arguments decreased, mutual understanding grew, and his workplace became a place of collaboration rather than confrontation.



### Reclaiming Life from Digital Distraction

It's common to hear how some people have found spending time on social media harmful. Here several young people discovered freedom from the cycle of "doomscrolling" and social media anxiety that had consumed their attention and energy. Some key aspects helped them develop the courage to make difficult choices about their digital habits. Some chose to stop using Instagram entirely after recognizing it was harmful and fueling anxiety. They felt better, more in control of their lives, and more present to the people

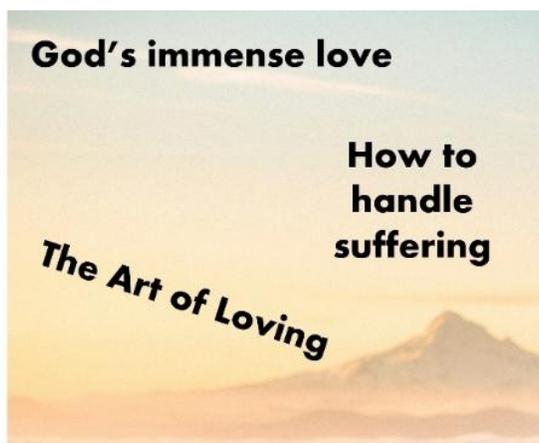
around them. One participant found a book mentioned in the program so helpful that he immediately bought and read it, discovering new insights for his journey. The choice to reduce social media wasn't easy or a one-time thing, it required ongoing commitment, but they persevered, choosing wellness over the constant digital pull.

## The Freedom of Healthy Boundaries

For one young adult, the revelation came in understanding the yes inside the no. Previously paralyzed by guilt when declining requests, they discovered the freedom that comes from saying no to certain things in order to say yes to what truly matters. By focusing on the present rather than being overwhelmed by every demand, they found peace and purpose.

## Remaining Grounded Through Crisis

When faced with a stressful family situation that could have been overwhelming, one participant found anchor and strength in a particular topic from the program. It kept them grounded, preventing them from giving up. The tools and insights from the program became a source of resilience during their most challenging moments, demonstrating that the program's impact extends far beyond the meeting room into the deepest struggles of daily life.



## Discovering the Depths of Focolare Spirituality

Another young man experienced the program as a journey of spiritual accompaniment. Through patient guidance and exploration, he discovered various aspects of Focolare spirituality that resonated deeply with his search for meaning and connection. The program created space for him to ask questions, explore doubts, and gradually embrace a spiritual framework that now shapes his understanding of himself and the world around him.

Beyond developing leadership skills, participants experienced profound spiritual transformation. The program created space for young adults to bring their daily prayer to life, to embrace the sufferings inherent in everyday existence, and to discover how faith becomes practical and powerful in real-world situations. Topics provided starting points for discussion, but the deeper value emerged through the practice of listening to one another, sharing growth experiences, and supporting each other's journey.



## Leading with Purpose in Business

A business owner found the topics immediately applicable to his professional responsibilities. As he leads his team of employees toward continued growth, the insights provide him with a framework grounded in values and human dignity. The spirituality of unity and the leadership principles explored in the program help him and others create a workplace culture where people can thrive, not just economically but as whole persons.

*Encouraging a greater awareness of who we are and our gifts, to then truly love and be love for those we encounter.*

### Participants include...

- Gen 2 & young adults throughout North America
- Youth from the Focolare Media internship program
- Youth from the Lenscape Media internship program
- The Holy Family youth group in New York City

To date more than 75 young adults have participated in the YCNA Leadership Program

- Resources & contributions from John C. Maxwell, Simon Sinek, Thasunda Brown Duckett, Craig Groeschel, James Clear, Jon Acuff, Jay Shetty, Jordan Peterson, and Sahil Bloom.

### Gen 2 boys retreat

A 4-day retreat with a group of Gen 2 boys was a significant aspect of our growth journey. A wonderful spot in Calgary, Canada provided an opportunity to reflect on the Focolare theme of how proximity to the people in our lives allows for concrete love in action, critical aspects of the Gen life and personal growth in leadership. It truly was a chance to step back from the everyday and prepare meals together, enjoy the outdoors and share the gifts God has given us.





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YCNA partners with



Lenscape Media



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**We don't want finances to get in the way of a meaningful experience!**

We are committed to doing all we can so that financial constraints do not hinder young people from engaging in enriching programs. Donations help enable young people to participate in activities that promote a lifestyle inspired by the gospel message and grounded in the principles of Focolare spirituality.

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